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Save the Date

GeriatRx is privileged to have Dr. David Michael Hajek, a urologic surgeon from North York General Hospital, available to make a presentation on our behalf next month. The topic will be *Urology Update: Management and Treatment of Medically Complex OAB Patients*.

Dr. Hajek will focus on overactive bladder treatment in the elderly, so the talk will be quite relevant to us. He will remain on hand to answer your questions afterward. The presentation will be held on Monday, May 25th, at Chiaro Ristorante in Vaughan. Registration will be at 6:30 PM, and will be followed by the presentation and a delicious dinner. Please see the attached invitation and R.S.V.P. to me if you are able to attend. I look forward to seeing you there.

CNO Practice Standard

The CNO has revised its Medication Practice Standard once again. The new standard goes into effect on May 5, 2015 and clarifies key areas of practice related to medication

handling, administration and patient monitoring.

The first section of the standard describes the qualities necessary for a medication order to be acceptable; it must be clear, complete and appropriate. They distinguish between direct orders, such as those for controlled medications, and directives, which may apply to more than one individual. Any order that does not satisfy the three qualities requires follow up with the prescriber, although consulting with a pharmacist may provide resolution.

Also, nurses must “ensure that they have the knowledge, skill and judgement needed to perform medication practices safely”. Practices should be “evidence-informed”, and the nurse’s competence to perform an action or administer a medication, as well as the status of the client must be considered before proceeding.

Safety is the final plank of the standard. This encompasses everything from educating client/family members, to preventing drug diversion and responding to medication errors or adverse reactions. The new standard comes complete with “decision tree” flowcharts and is a fairly quick read. It can be found at: www.cno.org/en/learn under “Standards and Guidelines”.

MacroBad

Macrobid® is commonly used for UTIs. We are all aware that it loses effectiveness as kidney function diminishes, but a new analysis of eleven years of Ontario data (published in *CMAJ*) suggests that it may be inferior to other antibiotics, even when kidney function is good.

Women using ciprofloxacin for UTIs required a second course of another antibiotic significantly less frequently (roughly half as often) as those taking nitrofurantoin. Those in the nitrofurantoin group also required hospitalization significantly more often than those who had taken Cipro®. Norfloxacin was similarly superior to nitrofurantoin, and Septra® trended towards superiority, but the difference was not statistically significant. The authors suggest that local resistance patterns should be considered before prescribing.

Easy on the Calcium

Calcium supplement use dropped sharply a few years ago, as evidence that high doses could be linked with MI and stroke was uncovered. A new analysis in *JAMA Ophth* finds that individuals taking more than 800 mg of calcium from supplements have twice the risk of developing age related macular degeneration. Ca⁺⁺ must be used judiciously.

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